



Washington Massage News

Affiliated with American Massage & Therapy Association

JANUARY ISSUE, 1961

John A. Murray, Editor Page 1. Port Townsend, Wash.

NATIONAL PRESIDENT'S MESSAGE

GEORGE GAMMON, R.M.T.

This is the National President's message containing a few excerpts from an accompanying letter and his questions for the Washington Massage News.

I would like to ask you good Massage Therapists a few questions.

Are you aware that our profession is being gobbled up all over the United States?

That there is a proposed bill in Colorado to outlaw all massage therapy unless done by a registered physical therapist or a registered nurse? That this law has a good chance of passing? That if it passes it will spread to other states, perhaps Washington? Is your personal life more important than getting a good law to protect yourself?

Most all the Chapters are showing interest, attendance and membership gain. Washington has gone down and down from one of the strongest Chapters in the nation. It can't be the fault of the National because the National is doing more and more to help you. We now have more members than we ever had at this time of the year. It is a pity that Washington is on the decrease.

Why not all of you dedicate one day. The same day cancel all appointments and go out and tell these non members what is bound to happen to them and get them to join for their protection as well as ours. It is their only insurance of existing as well as your own. I put in an average of two hours daily for this grand Association. Can't you for once forego your golf, T.V., and other entertainment to build a strong state organization the legislators will have to recognize?

Yours in all truth,

George D. Gammon, R.M.T.
National President A.M.T.A.



Excerpts of Editor's letter from George Gammon

Believe it or not we are making tracks. We have 400 paid up members. We have a new Chapter in Arizona and a promise of a new Chapter in Texas after the first of the year. It looks like we may re-activate Ohio this year.

We sold almost \$800. worth of advertising for the year book which is now being put together thanks to your suggestions of a year ago. Last year we collected \$276. for this same effort. This year it will pay for itself as it should every year.

I have spoken of these work shops and it does help attendance and membership. We had one in Modesto and out of 52 members we had 41 in attendance. Here is the way it works - we divide up in groups of not more than eight. Each group has a moderator who does one thing, keeps them on the subject. One group takes diseases of the head and shoulders, another the torso, another the vital organs and another the extremities. Each one is asked how he treats a specific condition. After each has told about his method anyone who has an unusual way of treating, or a very successful way, demonstrates his technique on that specific condition. Then another disease is discussed in the same way. After two hours the groups go to the next part of the body with the moderator who has given them that part of the body. In this way at each meeting we learn something that we can take home and put right to use. Try this, give it some publicity. It has to be almost a two or three day meeting to be successful. Each member can then be presented with a Certificate of Attendance from the National.

We have found this the most enterprising thing we have tried. The members are sure sold on it.

Another thing is the social end, make one meeting all social and see how it brings them out.

We charge a \$2.00 registration fee for these work shops for each member. In that way we not only pay the hall rent, we always come out with something for the treasury.

I hope this will be of help in some way to your Chapter. Incidentally, I enjoy the Washington Massage News very much. Members may feel they get all the news they need in the Massage News. I hope this is not so because I feel that you are doing much good with the news letter.

There you have some good suggestions. What will we do about it?

Editor

enough to be comfortable to the patient, never over 70° and that is
cold when coming out of the steam room. The letter from National President, George D. Gammon, was
stored at the rear of the building where it was handy to the laundry

man and his family. The letter from National President, George D. Gammon, was
to me to read by editor and asked for my comment.

In Murray's office the temperature is always 80° which makes

it a little more comfortable for the patient. The letter from National President, George D. Gammon, was
Washington State Chapter, other than the letter from National President, George D. Gammon, was
of such a nature that it was not possible to get it out of the office. The letter from National President, George D. Gammon, was
The vapor in the steam room is not too hot, but it is just what the patient needs. The letter from National President, George D. Gammon, was
above which is the steam room. The letter from National President, George D. Gammon, was
called it a little more comfortable for the patient. The letter from National President, George D. Gammon, was
that the patient is comfortable. The letter from National President, George D. Gammon, was
into the steam room. The letter from National President, George D. Gammon, was
ex in the steam room. The letter from National President, George D. Gammon, was

upon the patient and the patient is comfortable. The letter from National President, George D. Gammon, was
leave the patient and the patient is comfortable. The letter from National President, George D. Gammon, was
glow, and the patient is comfortable. The letter from National President, George D. Gammon, was
warmed by the patient and the patient is comfortable. The letter from National President, George D. Gammon, was
This, with the patient and the patient is comfortable. The letter from National President, George D. Gammon, was
Nothing but the patient and the patient is comfortable. The letter from National President, George D. Gammon, was
has on the patient and the patient is comfortable. The letter from National President, George D. Gammon, was
tient and the patient is comfortable. The letter from National President, George D. Gammon, was
into the shower. The letter from National President, George D. Gammon, was
ient height. The letter from National President, George D. Gammon, was
be weak. The letter from National President, George D. Gammon, was
fresh towels. The letter from National President, George D. Gammon, was
the massage room steps are again saved by a bottom deck to the massage
table where the sheets are stored. The letter from National President, George D. Gammon, was
tioned and folded by Mrs. Murray. The letter from National President, George D. Gammon, was
ed on this bottom deck all the sheets are stored. The letter from National President, George D. Gammon, was
without looking up a sheet without disturbing the patient. The letter from National President, George D. Gammon, was

LITTLE THINGS THAT HELP

In trying to think of something constructive to write about
'the little things that help' for comfort to the patient and time and
energy saved for the therapist will be my contribution this month.

I have not had the opportunity to observe and learn many of
the little things that help that our editor Murray has so many of the
little things that help that I mention come from my observations in his
office.

can only speak from experience from my employment with an
pathic doctor who used the Ling system of massage and the
electro and hydrotherapy in the practice and my observations in
office. I have not had the opportunity to observe and learn many of
Osteopath's office as that was some time ago and my memory is not too
keen. I have not had the opportunity to observe and learn many of
and smock and comfortable crepe soled shoes for men and clean white

enough to be comfortable to the patient, never over 70° and that is cold when coming out of a steam cabinet or whirlpool. The linen was stored at the rear of the building where it was handy to the laundry man but unhandy for the therapist.

In Murray's office the temperature is always 80° which makes it a little warm for the therapist but you can dress accordingly. You get used to the heat also. Besides a comfortable temperature for the patient there are many other conveniences for the comfort of the patient. The vapor cabinet is equipped with steam from below and dry heat from above with an air mattress and air pillow for added comfort. The rock steam room has about an 8" opening in the wall near the ceiling where an electric fan is installed on the outside that blows fresh hot air into the steam room. The patients enjoy it and are able to stay longer in the steam. Clean fresh sheets and air pillows to rest the head upon are put on the steam room benches for each patient. When they leave the steam room and are going to have a body shampoo and salt glow, as most of them do, the stainless steel topped table is being warmed by an electric heater suspended about five feet above the table. This, with the aid of an air pillow for the head or back, keeps the patient comfortable. The shower is only one step away. The therapist has only to turn around to adjust the shower for the patient. The patient has only one step down from table to a broad, short legged stool into the shower. The shower is equipped with hand rails at a convenient height that the patient may hold onto while showering if he should be weak, lame or paralytic. Just outside the shower door is a stack of fresh towels, saving steps again for both therapist and patient. In the massage room steps are again saved by a bottom deck to the massage table where the sheets are stored. They are snow white and carefully ironed and folded by Mrs. Murray in such a way that when properly placed on this bottom deck all the therapist has to do is bend down and without looking pick up a sheet without disturbing the remainder. Ultra violet light therapy is given by a unit suspended above the massage table so the patient does not have to be disturbed and the therapist saves time and steps. Crepe paper scuffs are given each patient at the time of disrobing in the dressing booth which has a mirror, light, Kleenex container and sterile comb for the patients use. The office is always clean and tidy. All soiled linen is picked up and tables made fresh immediately.

An ethical professional approach to the patient is very important in commanding the patients respect of you. A good report by the patient of your professional ethics to the referring doctor or the general public is more important than all the paid advertising you can buy.

Your personal attire is also important. Clean white trousers and smock and comfortable crepe soled shoes for men and clean white

uniform, neat hair do, and very little makeup for the women, also comfortable crepe soled shoes. Don't talk of your troubles, aches and pains. Don't boast about your achievements -- let your work speak for you.

Murray makes a practice of never asking a patient to return for another treatment, instead they ask him when they can come again.

Fraternally,

Blossom G. Guntley, R.M.T.

GETTING STARTED

In a past issue State President Blossom Guntley mentioned that it was difficult and slow establishing a reputation and clientele for massage therapy.

This comment brought to mind some of the difficulties and struggles I have personally experienced. I have observed others who have had them too. This article may be of some help and encouragement to our more recent members who are just getting started in massage therapy as a profession.

When I was attending The Chicago College of Swedish Massage and Hydro-therapy, we were told that we must be plodders to succeed in the massage profession. Truer words were never spoken.

Upon graduation with diploma in hand I felt that I was qualified to practice my chosen profession, no ifs or buts about it.

My first problem was lack of finances to equip an office and give it my full time. I continued to work for the Montana Highway Department, operating heavy construction equipment by day and taking one or two or three patients in the evening. I might say here that my clientele were not educated to the benefits of massage therapy (not prejudiced as someone in a former article stated). It took a few brave souls with courage to try it and pass the word on to others. (Newspapers and other forms of advertising are of little or no value.)

My practice grew slowly for three years. When we moved to Los Angeles, California, I made application for a position with all the health systems in the Los Angeles area. I attended The Los Angeles College of Physical Therapy, of which Dr. Jennie Cotner was the dean. While I was enrolled in this institution a call came from Young's Health Roof, a swanky conditioning club, for two masseurs. Dr. Cotner sent five of us to try for the jobs. I didn't make the grade. It was then I realized I was not as well qualified as I thought. My previous training had not been along conditioning lines.

(Contd)

In the meantime, while I was waiting for a position to turn up, I went to work for a road construction contractor for Los Angeles County. In a month or so I received a call from the Williams Health System. I quit the road work and went there as a masseur. In a couple of days I was informed by the management that there were many complaints about my work as a masseur, that I would have to learn athletic massage or else.

My ego was really deflated as I believed that the Ling System of Scientific Massage was the best in the country. I began watching the other masseurs to try and find where they differed from my routine of techniques. It didn't take me long to see that some of their techniques, especially neck and back massage, were far better than mine. The next problem was how to discard the techniques I had been trained to do and fit in the routines they were using so they would be smooth and effective in the allotted time (20 minutes). It took me a month or more to change over to smooth routines that would do for the three types of massage, athletic, general and relaxing, that we were required to do there. I was thankful that the war was on and masseurs were scarce or I might have been still operating heavy equipment today.

This was my reason for stating in a former article on massage college curriculums for massage therapists the need for more general fitness so the graduates can qualify for a position where ever massage therapy is used.

My next position was in a paralytic institution. We had all types of paralysis, post polio, cerebral palsy, spinal traumas, strokes etc. I did very little massage here, mostly kinesiology, muscle testing, remedial gymnastics, muscular rehabilitation, etc.

From this place I went into one of the swankiest health systems in North Hollywood or Los Angeles with the Ling system of massage as my background and the improved techniques. I soon had the elite clientele. Many of them came to me regularly from three to nine years. From here I was employed by two medical doctors where I cared for many post operative and fracture convalescents. From here I went to a physical therapy clinic in a medical building where there were thirty five medical doctors. Many of my clientele who enjoyed scientific Swedish massage followed me as I moved along from one position to another.

At one time a change of routine technique, tempo, touch and timing was difficult for me to grasp at once. Now I can watch almost any routine and copy it right off. I have watched many applicants try for positions at the athletic clubs and conditioning systems. Only one in ten or more can make it simply because they haven't had enough training and experience or are versatile enough to use their hands in a change of routine and tempo.

(Contd)

(Contd) along conditioning lines.

The patrons of athletic clubs are business and professional men who have had massage therapy around the world and know the best. If you can't deliver the goods to suit the clientele you just don't get on the staff or stay on long if you do get on. I recall one ex-member of A.A.M.M. who held diplomas from three colleges of massage therapy who became a member of the Washington Athletic Club masseur staff. At the end of six weeks he had so many complaints about his work and personality many members refused to have him. He had to be dismissed. He had tried private practice and failed. He had tried to operate a school of massage and failed, simply because his greatest asset was ego.

I think everyone can become a fair to good massage therapist if they get the right training then are willing to apply it. Even then, some will always be better than others. I have had massage by some that I could hardly wait until they finished, others I wished it could go on forever.

With the years of looking, listening and trying I have become a fair massage therapist, at least enough to have the management of the physical conditioning at Washington Athletic Club tell me that I had not a single complaint in the five years I was employed there. One other had a similar record for a seven year period.

Fraternally,

John A. Murray, R.M.T.

The State of Washington has the distinction of being the only state in the Union that publishes a membership paper for its own state members. Washington, at one time, had the largest membership also of any state in the National organization of Massage therapists. Due to lack of interest, don't care attitude, together with increase in annual membership dues, it has lost fifty percent of its membership. The Washington Massage News is suffering the same fate due to lack of interest and don't care.

I do not have the time to give the Massage News it requires. Last year I took the time to give each member a nudge when they were due for an article. This year I decided if they were not interested enough to do it on their own I didn't have that extra time to remind them. Somehow I have failed to get the cooperation of the membership to furnish material. Without suitable material we cannot have an interesting educational paper. It is a membership paper, not just something for the state president and the editor to work for.

(Contd)

With this issue of the Washington Massage News I am announcing my termination as editor of this little monthly bulletin, to be effective at this coming state convention in June. These next few months will give the members time to consider another editor or decide whether or not to continue with the Washington Massage News.

Mail your opinions to State President Blossom Guntley that she may have them available for presentation to the State Board of Directors when they hold their annual meeting early in the spring.

Editor

SPECIAL NOTICE

Just as we were going to print the Massage News we received a phone call from Seattle President, Arthur Dunbar, stating that at no time in the past have we had a better opportunity to get the legislation we need than right now but due to our decreased membership, which means lack of sufficient finance, we must forego legislation at this time.

Arthur Dunbar is Legislative Chairman and will continue to keep a watchful eye that nothing detrimental to our cause will get by. One lobbyist quoted a fee of \$500. just to watch for us. Arthur has several sources of information in legislative headquarters that advise him free of cost to us.

When you are closing your books for the year 1960, remember to make a note of the number of treatments you have given during the year.

MAIL TO: Arthur S. Dunbar, R.M.T.
C/O Better Health Salon
University Way, Seattle, Washington

This is important to the legislative committee should it be needed as an aid for your protection.

There will be a meeting of Seattle Chapter on January 15, 1961 at the home of Regina Williams, 5514 Brooklyn Ave, a few blocks north of Hotel Edmund Meany, Seattle.

(Contd)